



Group Exercise: April Class Schedule

Time	Class	Studio	Instructor
MONDAY			
7:00 AM	Vinyasa	YS	Joy
8:15 AM	Gentle Yoga	YS	Rachel
8:30 AM	Total Body Conditioning	SFG	Carlene
9:00 AM	Barre Sculpt	MS	Ting
9:30 AM	Hatha (75 min.)	YS	Josie
9:30 AM	Zumba®	SFG	Asya
10:00 AM	HIIT Express	MS	Ting
10:00 AM	Aqua Fitness	OP	Carlene
10:30 AM	Circl Mobility®	SFG	Asya
10:45 AM	Nia®	MS	Nancy
11:00 AM	Chair Yoga	YS	Josie
12:00 PM	BODYPUMP™ - Reservations Required	MS	Dorota
12:15 PM	Qigong	YS	Jiin
4:00 PM	DEKA Drop-In	OF	Tara
4:15 PM	Yoga for Better Movement (70 min.)	YS	Adriana
4:30 PM	Cycling - Reservations Required	OF	Lisa
5:30 PM	Power Flow Fusion	YS	Terri
5:30 PM	Vitamin D(ance)®	MS	Rowe
6:00 PM	Deep Water Fitness	OP	Victoria
6:30 PM	Power Vinyasa NEW	YS	Jaclyn
6:30 PM	Strength & Stretch	MS	Fi
7:30 PM	POP Pilates®	MS	Sooyeon
7:30 PM	Yoga for Digestive Health	YS	Adeola
TUESDAY			
6:05 AM	Vinyasa	YS	Joy
7:00 AM	BODYPUMP™	MS	Vered
8:00 AM	Vinyasa	YS	Vince
8:30 AM	Dance Fever	MS	Fi
9:30 AM	POP Pilates®	MS	Sooyeon
9:30 AM	Hatha	YS	Jess
9:30 AM	Cycling - Reservations Required	OF	Lisa
10:30 AM	Strong Nation®	MS	Asya
11:00 AM	Healthy for Life	YS	Lynda
11:00 AM	Aqua Fitness	OP	Carlene
12:00 PM	Mat Pilates	MS	Matt
12:00 PM	Vinyasa UPDATE	YS	Bronweyn
4:30 PM	Gentle Yoga (75 min.)	YS	Rachel
5:00 PM	Body Sculpt	MS	Wendy
5:30 PM	BODYCOMBAT™	MS	Wendy
6:00 PM	Bollywood FitJam	SFG	Gurleen
6:30 PM	BODYPUMP™	MS	Medea
6:30 PM	Stretch & Restore	YS	Fi
6:30 PM	Cycle Sculpt - Res. Reqd. (75 min.)	OF	Allan
7:30 PM	Shotokan Karate (90 min.)	MS	Sensei
WEDNESDAY			
7:00 AM	Vinyasa	YS	Jaclyn
8:00 AM	POP Pilates®	MS	Sooyeon
8:00 AM	Cycling - Reservations Required	OF	Jeanmarie
8:00 AM	Hatha Flow	YS	Gloria
8:30 AM	Total Body Conditioning	SFG	Carlene
9:00 AM	Feldenkrais Movement	YS	Brad
9:00 AM	Barre Sculpt	MS	Ting
9:30 AM	Zumba®	SFG	Asya
10:00 AM	Aqua Fitness	OP	Carlene
10:30 AM	Chair Yoga NEW	YS	Adriana/Rachel
10:45 AM	Zumba® Gold	MS	Asya
12:00 PM	Pilates: Center & Restore	YS	Melinda
12:00 PM	BODYPUMP™ - Reservations Required	MS	Allan
4:00 PM	Rhythmic Gymnastics (Res. Req.)	MS	Alona
4:00 PM	DEKA Drop-In	OF	Tara
4:30 PM	Vinyasa	YS	Bronweyn
5:30 PM	Vitamin D(ance)®	MS	Rowe
5:30 PM	Hatha	YS	John
6:30 PM	Burn and Tone	MS	Fi
6:30 PM	Power Vinyasa	YS	Bronweyn
7:30 PM	Restore & Unwind (75 min.) UPDATE	YS	Jess
7:30 PM	Tai Chi Chuan	MS	Brent

Time	Class	Studio	Instructor
THURSDAY			
6:05 AM	Early Morning Yoga	YS	John
7:00 AM	Tone Up!	MS	Vered
8:00 AM	Vinyasa	YS	Vince
8:30 AM	Dance Fever	MS	Fi
9:15 AM	Feldenkrais Movement	YS	Brad
9:30 AM	Hatha Yoga	SFG	Josie
9:30 AM	Cycling - Reservations Required	OF	Lisa
10:30 AM	Nia®	YS	Nancy
10:45 AM	BODYCOMBAT™	MS	Anita
11:00 AM	Aqua Fitness	OP	Carlene
12:00 PM	Mat Pilates	MS	Matt
12:00 PM	HIIT/Core	SFG	Anita
4:30 PM	Gentle Yoga (75 min.)	YS	Rachel
5:30 PM	BODYCOMBAT™	MS	Medea
6:00 PM	Zumba®	SFG	Katie
6:30 PM	BODYPUMP™ - Reservations Required	MS	Mallory
6:30 PM	Cycle Sculpt - Res. Reqd. (75 min.)	OF	Jessie
7:30 PM	Shotokan Karate (90 min.)	MS	Sensei
7:45 PM	Vinyasa (70 min.)	YS	Gloria
FRIDAY			
8:00 AM	Vinyasa	YS	Teresa
8:30 AM	BODYPUMP™ - Reservations Required	MS	Dorota
9:30 AM	Zumba®	SFG	Katie
9:30 AM	Hatha (75 min.)	YS	Josie
9:30 AM	Cycling - Reservations Required	OF	Bruce
10:00 AM	Zumba Gold®	MS	Asya
11:00 AM	Chair Yoga	YS	Josie
11:00 AM	Stretch and Restore (45 min.)	MS	Asya
12:00 PM	Power Flow Fusion	MS	Terri
12:15 PM	Qigong	YS	Jiin
1:30 PM	Feldenkrais Movement	YS	Jiin
2:45 PM	Gentle Yoga	YS	Jiin
5:30 PM	Zumba®	MS	Sooyeon
SATURDAY			
7:30 AM	Vinyasa (75 min.)	YS	Vince
8:15 AM	BODYPUMP™ - Reservations Required	MS	Allan
9:00 AM	FitFam Family Yoga	YS	Gurleen
9:00 AM	Aqua Fitness	OP	Victoria
9:30 AM	Cycling - Reservations Required	OF	Bruce
9:30 AM	BODYPUMP™ - Reservations Required	MS	Medea
10:00 AM	Yoga / Qigong Fusion (75 min.)	YS	Gloria
10:00 AM	Vitamin D(ance)®	SFG	Rowe
10:45 AM	Pilates & Strength	MS	Hema
11:00 AM	Express Stretch (25 min.)	SFG	Rowe
11:30 AM	Shotokan Karate (120 min.)	SFG	Sensei
SUNDAY			
8:30 AM	Hatha Flow (70 min.)	YS	Gloria
8:30 AM	BODYPUMP™ - Reservations Required	MS	Mallory
9:30 AM	Cycling - Reservations Required	OF	Ruth
9:45 AM	Gentle Yoga	YS	Jiin
9:45 AM	Core Express (30 min.)	MS	Laam
10:15 AM	BODYCOMBAT™	MS	Laam
10:45 AM	Restorative Yoga and Rolling (75 min.)	YS	Jiin
4:00 PM	Vinyasa (75 min.)	YS	Jaclyn
4:00 PM	Zumba®	MS	Katie
Studio Key			
MS - Main Studio		Scan me for digital schedule.	
OF - Outdoor Field			
SFG - Seiler Family Gymnasium			
YS - Yoga Studio			
Classes are 55 minutes in length unless noted			
- Members aged 13 and older are welcome at our classes.			
- Please be on time. If arriving more than 10 minutes after class has started, defer to instructor for admittance.			
- Reservations will be forfeited to members on the waitlist if participant has not arrived by the start of class.			
- Please set cellular devices to "silent" and take any necessary calls in the lobby or outside.			

Group Exercise Class Descriptions



Cardio and HIIT (High Intensity Interval Training)

Cycle Sculpt	Get your cardio and lower body workout cycling on our Keiser M3i stationary bikes. Then grab some dumbbells for an off-bike strength workout targeting your upper body and core. A full-body workout in just 75 minutes! Reservations required.
Cycling	Cycling is a highly effective workout on our Keiser M3i stationary bicycles. Class formats include cadence, intervals or zone training (heart rate or power/watts) using studio or real-road techniques. Reservations required.
DEKA Drop-in	Known as the "Super Bowl of Fitness," DEKA is comprised of 10 exercises that are completed as fast as possible, for time. Elite DEKA athlete and OFJCC Personal Trainer, Tara Pipia, will prep a warm-up, workout of the week and cool down for you to practice.
HIIT & Core	Power-up your workout! This class will help you improve overall strength, endurance and balance through intervals of cardio, core and strength exercises using a variety of equipment, including dumbbells, barbells, resistance tubing and more.
HIIT Express	A fast-paced interval workout that will challenge your entire body in one 30 minute workout. Get fit and burn fat with this combination of resistance, cardio and core training! Low impact modifications provided.
Strong Nation™	Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Dance Fitness

Bollywood FitJam	A Bollywood-inspired dance-fitness program with both cardio and toning routines in one action packed class. Get ready to be hooked onto this incredible workout with authentic Bollywood flavor that will have you moving and grooving!
Dance Fever	This cardio dance workout starts high energy and leaves you dripping. All levels are welcome - learn the base moves, then amp them up into fun combinations. Come join the party!
Vitamin D(ance)®	Good vibes, Good energy and Good times! Its a cardio dance party! Fun, easy to follow dance combinations, with music you'll love! Before you know it, your fun workout is done!
Zumba®	Everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style calorie-burning dance fitness party.
Zumba® Gold	Offering Zumba® with less impact on the joints, and simplified movements, but with all the fun of a regular Zumba class! Great for anyone looking to try Zumba® at a slower pace.

Pilates

Barre Sculpt	An intense total body workout that burns fat and sculpts long lean muscles. Get fit, burn fat and sculpt a dancer's body utilizing light hand weights.
Mat Pilates	Introduce yourself to the fundamentals of Pilates technique. Focus on alignment, opposition, balance and functional fluid movement from your body's powerhouse - the all important core!
Pilates: Center & Restore	Both restorative and challenging, this class will help you cultivate your true strength and mobility. Taking a dynamic approach to the deep core work of Pilates, yoga, and other mind-body practices, each progression will offer options for every fitness level. Balance and efficient movement will be a main focus.
Pilates & Strength	Elevate your mat Pilates experience with the use of dumbbells and resistance bands to improve upper and lower body strength while toning the all-important core. Progressive levels of techniques are presented, providing options to accommodate a range of experience and ability.
POP Pilates®	An incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs, this intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock-solid core while leaving no muscle untouched.
Power Flow Fusion	An invigorating total-body athletic workout fusing yoga, Pilates, barre, and core conditioning. Functional strength, endurance, balance, stretching, and mobility are woven into a challenging, multilevel class.

Group Exercise Class Descriptions (cont.)



**FITNESS
AND
WELLNESS
CENTER**

Strength Training

BODYPUMP™	The original barbell class! Strength training is important for all levels and all ages of fitness. BODYPUMP™ will challenge major muscle groups with proper technique and form. Reservations required.
Body Sculpt	A rhythmic class using light to medium weights and high repetitions to get a total body workout, with emphasis on core and endurance.
Burn & Tone	Get your workout accomplished in this fast-paced format, incorporating equal segments of cardio, resistance training, and core/flexibility conditioning.
Core Express	Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
Healthy for Life	Build strength and flexibility while increasing range of motion! Low impact aerobic conditioning, strength training and core stability training for active agers. Easy to follow steps and light weights give you a great full-body workout at an easy pace.
Strength and Stretch	A energizing combination of low-impact movement, functional balance and toning; incorporating cardio, strength exercises using dumbbells, Pilates core-strengthening moves and Yoga stretches.
Tone Up!	Build strength, stability and endurance in the muscles that support your core, including the abdominals, glutes and back muscles. This moderate/high intensity class will challenge your balance and fire up the muscles of the posterior chain to enhance the body's functional strength and fitness.
Total Body Conditioning	Start your day off with a full-body workout incorporating cardio and strength training to tone from head-toe. Each class varies but always includes a mixture of bodyweight, resistance (using dumbbells), core and cardio intervals.

Mobility and Recovery

Circl Mobility	Unlock your body's potential through flexibility, breathwork, and mobility exercises. Based on the cutting-edge science of functional movement, you'll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer.
Express Stretch	Complete your workout with a deep full-body stretch. A variety of static stretches will be held so please ensure that you arrive to class warmed up!
Feldenkrais Movement	Feldenkrais Movement classes quickly improve balance, coordination, mobility and posture. This creates more flexibility and power without strain. Classes are perfect for all ages and fitness levels. .
Nia	Enjoy a fun total Body/Mind low impact workout. Based on the dance arts (modern, jazz), the martial arts (tai chi, taekwondo) and healing arts (yoga.) It's a joyful fitness party. No dance experience necessary.
Qigong	"Qi" (pronounced "chee") is the life force or vital-energy that flows through all things in the universe while "Gong" (pronounced "Kung") means power. Qigong is an expert handling of life energy force integrating physical postures, breathing techniques and focused intention.
Yoga Qigong Fusion	This practice includes the best of both the Yoga and Qigong worlds, which complement each other nicely. If you love yoga, you will love the addition of these flowy qigong moves and meditation which will help bring strength, flexibility, suppleness, to the body and mind: allowing the free flow of healing prana or life force energy (Qi) to circulate within us. We leave with better health and vitality
Stretch & Restore	Enhance mobility, prevent injury, improve posture and relax tired muscles through a variety of seated and standing stretches. Use tools such as straps, blocks and/or foam rollers to enhance muscular recovery and reduce tension.
Tai Chi Chuan	This internal martial art, often referred to as movement meditation, is an internal martial art best known for its ability to improve balance, mindfulness, and stress relief. Participants will enjoy learning Yang Style Tai Chi along with other mindfulness exercises like Qigong and guided meditation to help relax and develop improved body control

Group Exercise Class Descriptions (cont.)



**FITNESS
AND
WELLNESS
CENTER**

Aqua

Aqua Fitness	Aqua Fitness offers a total body, low-impact workout. Cardiovascular, strength and flexibility exercises are great for rehabilitating from an injury or a killer workout! All levels welcome. No swimming required. Classes taught in the shallow end of our Outdoor Pool.
Deep Water Fitness	This non-impact workout is great for both first time participants and challenging experienced aqua participants. Deep water buoyancy reduces the stress on weight-bearing structure of the body and addresses cardiovascular fitness, increased flexibility and muscular resistance training.

Yoga

Candlelit Yoga	Wind down your day with soft music, meditative breathing, gentle moving and plenty of relaxation all while bathed in warm candlelight. This practice will use blankets and bolsters to help support participants in seated or reclining poses focusing on breath, rest and relaxation. A perfect end to any day!
Chair Yoga	Chair Yoga is a gentle class adapting traditional yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor. Participants will experience the same benefits of other yoga classes, such as improved balance, strength, and mobility.
Early Morning Yoga	Early morning yoga to awaken and stimulate the body. A mix of flowing vinyasa forms and hatha postures to bring vitality into the body. Through this practice, we'll build strength, flexibility, and awareness.
Gentle Yoga	This gentler class is ideal for anyone wanting to work on stress release, flexibility and balance, gradually and comfortably. Students will ease into a variety of yoga postures, breath work and focused relaxation, and come out feeling great!!
Hatha	Hatha is the foundation of yoga. This is an excellent class to learn the basics of yoga in a safe and and supportive environment. Postures are held for an extended period to ensure proper alignment and build strength and flexibility. Excellent for those new to yoga.
Hatha Flow	A balanced class focusing on deep body awareness through the holding of postures, flowing from one to another. Prior Hatha experience encouraged.
Restorative Yoga	Ideal for anyone wanting to work on stress-release. Props are incorporated to support participants as they ease into a variety of seated or reclining poses focusing on relaxation, breath and flexibility. The perfect way to relax!
Restorative and Gentle Flow	Ideal for anyone wanting to work on stress-release. Props are incorporated to support participants in seated or reclining poses focusing on relaxation, breath and flexibility. The perfect way to end a stressful day!
Restorative ad Foam Rolling	All the benefits of a traditional Restorative Yoga class mixed with foam rolling to reduce muscle soreness and aid in a quick recovery. The perfect post-workout recovery!
Vinyasa	A continuous flow of movement with a dynamic system of poses (asanas), building flexibility, strength and the synchronization of breath. Experience in Hatha recommended.
Yoga for Better Movement	Lay the foundation for a lifelong yoga practice. Detailed instruction on posture alignment and yoga poses and sequences to counteract posture imbalances. Release neck and shoulder tightness, strengthen your core and relieve back pain. Improve body awareness, stretch, strengthen, realign and revitalize your body.
Yoga for Digestive Health	This all-levels practice is designed to improve digestive health and function through gentle movements aimed to repair abdominal posture, build belly fluidity, strengthen core muscles and work with the energy systems within the body to bring our guts back into balance and deepen our mind-body connection